

High School Volleyball Clinic



These clinics are open to club and high school volleyball athletes looking to take their game to the next level. Boys' camps will be taught by NCAA 1st Team All-American and 2-time National Champion Cory Yoder! Girls' camps will be taught by 3-time All-American Brooke Marino and/or 2012 USC women's volleyball captain Erin Yoder! Focus on improving every aspect of your game in a fun and competitive environment. These clinics are limited to 12 participants; don't miss out on this great opportunity, sign-up today!

Instructor: Brooke Marino – Redline Athletics

Fee: \$85 – Resident
\$90 – Non-Resident
(2-day camp)

Location: Redline Athletics (22600 Lambert #1204)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4471	Girls 14-18 yrs	Jul 10-11	Thu & Fri	8:30-10:30 am
Act#: 4472	Boys 14-18 yrs	Jul 10-11	Thu & Fri	11:00 am-1:00 pm
Act#: 4473	Girls 14-18 yrs	Jul 17-18	Thu & Fri	8:30-10:30 am
Act#: 4474	Boys 14-18 yrs	Jul 17-18	Thu & Fri	11:00 am-1:00 pm
Act#: 4475	Girls 14-18 yrs	Jul 24-25	Thu & Fri	8:30-10:30 am
Act#: 4476	Boys 14-18 yrs	Jul 24-25	Thu & Fri	11:00 am-1:00 pm
Act#: 4477	Girls 14-18 yrs	Jul 31-Aug 1	Thu & Fri	8:30-10:30 am
Act#: 4478	Boys 14-18 yrs	Jul 31-Aug 1	Thu & Fri	11:00 am-1:00 pm
Act#: 4479	Girls 14-18 yrs	Aug 7-8	Thu & Fri	8:30-10:30 am
Act#: 4480	Boys 14-18 yrs	Aug 7-8	Thu & Fri	11:00 am-1:00 pm
Act#: 4481	Girls 14-18 yrs	Aug 14-15	Thu & Fri	8:30-10:30 am
Act#: 4482	Boys 14-18 yrs	Aug 14-15	Thu & Fri	11:00 am-1:00 pm
Act#: 4483	Girls 14-18 yrs	Aug 21-22	Thu & Fri	8:30-10:30 am
Act#: 4484	Boys 14-18 yrs	Aug 21-22	Thu & Fri	11:00 am-1:00 pm
Act#: 4485	Girls 14-18 yrs	Aug 28-29	Thu & Fri	8:30-10:30 am
Act#: 4486	Boys 14-18 yrs	Aug 28-29	Thu & Fri	11:00 am-1:00 pm
Act#: 4487	Girls 14-18 yrs	Sep 4-5	Thu & Fri	8:30-10:30 am
Act#: 4488	Boys 14-18 yrs	Sep 4-5	Thu & Fri	11:00 am-1:00 pm

10 Million Kids Outdoors



The City of Lake Forest is partnering with the National Recreation and Park Association (NRPA) and the National Wildlife Federation's 10 Million Kids Outdoors Campaign. This three-year initiative seeks a future in which all children spend time outside each day – creating a generation of happier and healthier children with more awareness and connection to the natural world. Get your kids outside this summer...we have so many great ways for your family to enjoy the great outdoors right here in Lake Forest!



RECREATION CLASSES

Youth

Zumbini™

Designed to let mom, dad or caregiver and your little one(s) 0 to 3 years old wiggle, sing and learn together. The Zumbini™ program is where the science of child development, movement, instrument play, world rhythms and catchy kid-friendly tunes meets the magic of Zumba® in the ultimate bonding experience! Zumbini™ happens in 8 week sessions. Free demo class is June 3rd!

Instructor: Raelyn Brachmann

Fee: \$115 per Parent and Child Couple – Resident
\$120 per Parent and Child Couple – Non-Resident
(8-week session)

Materials Fee: A required \$35 fee which includes a brand new Zumbini™ Bundle containing a songbook and two copies of the class music on CD, so you can take the class experience wherever you go! This is due to the instructor during the first class meeting.

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4330 6 mos-3 yrs Jun 10-Jul 29 Tue 10:00-10:45 am

Music Together

Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to 5 years old and the adults who love them! Children will have many opportunities to create and play. Each class is packed with new songs, rhymes, movement activities and instrumental sessions. This is an introduction to a lifetime of musical enjoyment! But best of all it is fun. **Free demo class on Monday, June 30th at 4:30 pm, please RSVP 350-0985.**

Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.

Fee: \$115 – Resident
\$120 – Non-Resident
(8-week session)

Babies under the age of 8 months free with registered sibling.

Materials Fee: A \$40 fee payable to Music Moves is required at first class meeting.

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4301	9 mos-5 yrs	Jul 7-Aug 25	Mon	4:30-5:15 pm
Act#: 4304	9 mos-5 yrs	Jul 8-Aug 26	Tue	10:45 -11:30 am
Act#: 4302	9 mos-5 yrs	Jul 11-Aug 29	Fri	10:30 -11:15 am
Act#: 4303	9 mos-5 yrs	Jul 11-Aug 29	Fri	11:30 am-12:15 pm



Parent & Tot Swim Lessons at SwimLabs

This is a 30-minute class designed for parents and their children ages 1-3 years old. Parent and child will work together in the pool under the direction of a SwimLabs instructor to develop the skills crucial for learning to swim. Swimmers will learn to safely enter and exit the pool, blow bubbles through the mouth and nose, float on their backs, and safely go under the water. Parents will learn how to safely interact with their children in the pool.

Instructor: SwimLabs Staff

Fee: \$190 – Resident
\$195 – Non-resident
(8 meetings per session)

Location: SwimLabs
(20918 Bake Pkwy., Suite 100)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4275	1-3 yrs	Jun 30-Jul 23	Mon & Wed	1:00-1:30 pm
Act#: 4276	1-3 yrs	Jul 1-24	Tue & Thu	1:00-1:30 pm
Act#: 4277	1-3 yrs	Jul 12-Aug 30	Sat	8:30-9:00 am
Act#: 4278	1-3 yrs	Jul 13-Aug 31	Sun	8:30-9:00 am

Pee Wee Gymnastics

This is an introduction to gymnastics for 1 to 6 year olds! This course teaches basic skills for floor exercise, bars, balance beam, and vault along with our 30 foot long trampoline. Participants will increase confidence and coordination along with developing listening skills, taking turns, and following coaching instructions. Most importantly, everyone will have fun! FREE open play when you are signed up in a gymnastics class. Open play is every Thursday 1:00-2:00 pm.

Instructor: Us Too Center Staff

Fee: \$45 – Resident
\$50 – Non-resident
(4-week sessions)

Location: Us Too Center
(25 Spectrum Pointe Dr #405)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4218	1-2 yrs*	Jun 30-Jul 21	Mon	10:00-10:45 am
Act#: 4217	1-2 yrs*	Jul 1-22	Tue	10:00-10:45 am
Act#: 4216	1-2 yrs*	Jun 28-Jul 26**	Sat	9:00-9:45 am
Act#: 4215	1-2 yrs*	Jul 28-Aug 18	Mon	10:00-10:45 am
Act#: 4214	1-2 yrs*	Jul 29-Aug 19	Tue	10:00-10:45 am
Act#: 4213	1-2 yrs*	Aug 2-23	Sat	9:00-9:45 am
Act#: 4210	3-4 yrs	Jul 28-Aug 18	Mon	11:00-11:45 am
Act#: 4209	3-4 yrs	Jul 29-Aug 19	Tue	11:00-11:45 am
Act#: 4212	3-4 yrs	Jun 30-Jul 21	Mon	11:00-11:45 am
Act#: 4211	3-4 yrs	Jul 1-22	Tue	11:00-11:45 am
Act#: 4219	5-6 yrs	Jun 30-Jul 21	Mon	1:00-1:45 pm
Act#: 4206	5-6 yrs	Jun 30-Jul 21	Mon	5:00-5:45 pm
Act#: 4220	5-6 yrs	Jul 28-Aug 18	Mon	1:00-1:45 pm
Act#: 4221	5-6 yrs	Jul 28-Aug 18	Mon	5:00-5:45 pm

* Mommy & Me classes: parent participation required

**No Class on Saturday, July 5

Intro to Movement & Dance



Play, learn, cultivate movement, socialization, motor and listening skills while getting the wiggles out in this imaginative class. Children and parents participate in creative movement activities that include various props, pretend play through dance, move to nursery songs and dance with parachutes and bubbles. Class promotes listening, directional and motor skills as well as musicality and rhythm. Suitable for both boys and girls. Parent participation required. *Class is part of OCDP Dance progression program where dancers can track their accomplishments and receive certificate of achievement. Visit www.ocdanceproductions.com for more information.

Instructor: OC Dance Productions staff

Fee: \$74 per Parent and Child Couple – Resident
\$79 per Parent and Child Couple – Non-Resident
(6-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4259 1½-3 yrs Jul 7-Aug 11 Mon 9:00-9:45 am

Parent & Me Princess Ballet & Creative Movement

Your little princess will enter a world of magic and imagination, dancing to their favorite tunes from princess movies new and old. This class teaches the basics of ballet and dance through terminology fairy tale imagery. Participants will also improve motor, directional and listening skills while engaging in creative movement with bubbles, parachutes, magic wands and more. Dancers will also get to create their own princess props to take home, hear stories and dress up in princess tutus. Class is part of OCDP Dance progression program where dancers can track their accomplishments and receive certificate of achievement. Ballet shoes required. Visit www.ocdanceproductions.com for recommended attire and more info.

Instructor: OC Dance Productions Staff

Fee: \$74 per Parent and Child Couple – Resident
\$79 per Parent and Child Couple – Non-Resident
(6-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4261 1½-3 yrs Jul 7-Aug 11 Mon 11:00-11:45 am

Summer Registration Dates:

Tuesday, May 13 (Lake Forest Residents)

Tuesday, May 20 (Non-Residents)

Mommy, Me & Glee

Introduce your child to a world of music through our exciting singing class. You and your child will learn music basics such as rhythm, notes, and dynamics through singing, dancing, and musical instruments. This four-week singing class will finish with a mini-recital, where your little one can feel what it is like to sing on a stage. **Parent participation is required.**

Instructor: Glee Music Academy Staff

Fee: \$49 per Parent and Child Couple – Resident
\$54 per Parent and Child Couple – Non-Resident
(4-week sessions)

Location: Glee Music Academy (25 South Pointe Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4335	2-5 yrs	May 29-Jun 19	Thu	10-10:45 am
Act#: 4336	2-5 yrs	Jul 10-31	Thu	10-10:45 am

TriFytt Sports: Parent and Me Soccer

This class is a great chance for parents to interact with their young ones while learning the basics of soccer with our TriFytt Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFytt Sports Staff

Fee: \$85 per Parent and Child couple – Resident
\$90 per Parent and Child couple – Non-Resident
(8-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)



To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4310	1.5-2 yrs	Jul 11-Aug 29	Fri	5:00-5:30 pm
Act#: 4311	2-3 yrs	Jul 11-Aug 29	Fri	5:30-6:00 pm

TriFytt Sports: Biddy Soccer League

Your child will have a great time playing soccer and making new friends while learning the benefits of sportsmanship, sharing, and teamwork. The Biddy Ball League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive team shirt and medal. The 1st week will be practice and team assignments and the remainder of the weeks will be games!

Instructor: TriFytt Sports Staff

Fee: \$79 per participant – Resident
\$84 per participant – Non-Resident
(6-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)



To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4319	2-3 yrs	Jul 12-Aug 16	Sat	11:30 am-12:00 pm
Act#: 4320	3-5 yrs	Jul 12-Aug 16	Sat	12:00-12:45 pm

TriFytt Sports: Tee-Ball Skillz Clinic

This is a great chance for beginning and advanced tee-ball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development

Instructor: TriFytt Sports Staff

Fee: \$85 per participant – Resident
\$90 per participant – Non-Resident
(8-week session)



Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4317	2-3 yrs	Jul 8-Aug 26	Tue	5:00-5:30 pm
Act#: 4318	3-5 yrs	Jul 8-Aug 26	Tue	5:30-6:15 pm

10 Million Kids Outdoors



The City of Lake Forest is partnering with the National Recreation and Park Association (NRPA) and the National Wildlife Federation's 10 Million Kids Outdoors Campaign. This three-year initiative seeks a future in which all children spend time outside each day – creating a generation of happier and healthier children with more awareness and connection to the natural world. Get your kids outside this summer...we have so many great ways for your family to enjoy the great outdoors right here in Lake Forest!



TriFyft Sports: Parent and Me Multi-Sport

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$79 per participant – Resident
\$84 per participant – Non-Resident
(7-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4326 2-3 yrs Jul 12-Aug 23 Sat 10:00-10:30 am



TriFyft Sports: Soccer Skillz Clinic

This is a great chance for beginning and advanced soccer players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$85 per participant – Resident
\$90 per participant – Non-Resident
(8-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4315 3-5 yrs Jul 11-Aug 29 Fri 6:00-6:45 pm
Act#: 4316 5-7 yrs Jul 11-Aug 29 Fri 7:00-7:45 pm



TriFyft Sports: Multi-Sport Skillz Clinic

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$79 per participant – Resident
\$84 per participant – Non-Resident
(7-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4324 3-5 yrs Jul 12-Aug 23 Sat 9:00-9:45 am
Act#: 4325 5-7 yrs Jul 12-Aug 23 Sat 10:30-11:15 am



Learn to Swim at SwimLabs

These weekly group swim lessons are designed to get your child swim ready!

Instructor: SwimLabs Staff

Fee: \$110 – Resident
\$115 – Non-resident
(30-minute lesson)

Location: SwimLabs (20918 Bake Pkwy., Suite 100)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4233	3-5 yrs	Jul 7-Aug 25	Mon	3:00-3:30 pm
Act#: 4234	3-5 yrs	Jul 8-Aug 26	Tue	3:00-3:30 pm
Act#: 4235	3-5 yrs	Jul 9-Aug 27	Wed	5:00-5:30 pm
Act#: 4236	3-5 yrs	Jul 10-Aug 28	Thu	3:00-3:30 pm
Act#: 4237	3-5 yrs	Jul 12-Aug 29	Sat	12:00-12:30 pm
Act#: 4238	3-5 yrs	Jul 13-Aug 30	Sun	12:00-12:30 pm
Act#: 4239	6-10 yrs	Jul 7-Aug 25	Mon	3:30-4:00 pm
Act#: 4240	6-10 yrs	Jul 8-Aug 26	Tue	3:30-4:00 pm
Act#: 4241	6-10 yrs	Jul 9-Aug 27	Wed	5:30-6:00 pm
Act#: 4242	6-10 yrs	Jul 10-Aug 28	Thu	3:30-4:00 pm
Act#: 4243	6-10 yrs	Jul 12-Aug 29	Sat	12:30-1:00 pm
Act#: 4244	6-10 yrs	Jul 13-Aug 30	Sun	12:30-1:00 pm

Princess Ballet & Creative Movement

Your little one will enter a world of magic and imagination, dancing to their favorite tunes from princess movies new and old. This class teaches the basics of ballet and dance through terminology and imagery. Dancers will also get to create their own princess props to take home, hear stories and dress up in princess tutus. Class is part of OCDP Dance progression program where dancers can track their accomplishments and receive certificate of achievement. Ballet shoes required. Visit www.ocdanceproductions.com for recommended attire and more info.

Instructor: OC Dance Productions staff

Fee: \$74-Resident
\$79-Non-Resident
(6-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4257 3-5 yrs Jul 7-Aug 11 Mon 10:00-10:45 am

Age Minimum And Maximum

When registering for programs online, if your child is under the minimum or over the maximum age for a particular program, you will not be able to register them. In some cases, an instructor will allow those interested in participating who are close to the age minimum and maximum to register. However, this is at the discretion of the instructor and we cannot guarantee registration will be permitted. Call us at (949) 461-3450 during normal business hours if you want to discuss adding your child to a class.



Pre-Glee



Introduce your child to a world of music through our exciting singing class. Your child will learn music basics such as rhythm, notes, and dynamics through singing, dancing, and musical instruments. This four-week singing class will finish with a mini-recital, where your little one can feel what it is like to sing on a stage.

Instructor: Glee Music Academy Staff

Fee: \$49 – Resident
\$54 – Non-Resident
(4-week sessions)

Location: Glee Music Academy (25 South Pointe Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4337	4-6 yrs	May 29-Jun 19	Thu	3:30-4:15 pm
Act#: 4338	4-6 yrs	Jul 10-31	Thu	3:30-4:15 pm

Tennis For Everyone ~ Youth

Children are invited to learn to play this fascinating sport. Participants will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident
\$100 per participant – Non-Resident
(8-week session)

Materials Fee: A \$10 T-shirt fee (uniform) payable to the instructor first day of class.

Location: Monday classes – Pittsford Park (21701 Pittsford Dr)
Wednesday classes – Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4415	3-5 yrs	Jun 30-Aug 18	Mon	3:30-4:30 pm
Act#: 4416	6-7 yrs	Jun 30-Aug 18	Mon	4:30-5:30 pm
Act#: 4417	8-12 yrs	Jun 30-Aug 18	Mon	5:30-6:30 pm
Act#: 4418	3-5 yrs	Jul 2-Aug 20	Wed	3:30-4:30 pm
Act#: 4419	6-7 yrs	Jul 2-Aug 20	Wed	4:30-5:30 pm
Act#: 4420	8-12 yrs	Jul 2-Aug 20	Wed	5:30-6:30 pm



Art Explorations



In this beginning art class, students will combine fun drawing exercises and creative painting projects to build skills in young artists. The different elements of art will be introduced through a variety of media such as acrylics on canvas, pastels, charcoal, watercolors, and more. Emphasis is placed on techniques as students explore the work of famous artists and create their own. All materials and aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$71 – Resident
\$76 – Non-Resident
(5-week session)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4396 **6-12 yrs** **Jul 11-Aug 8** **Fri** **3:30-4:45 pm**

10 Million Kids Outdoors



The City of Lake Forest is partnering with the National Recreation and Park Association (NRPA) and the National Wildlife Federation's 10 Million Kids Outdoors Campaign. This three-year initiative seeks a future in which all children spend time outside each day – creating a generation of happier and healthier children with more awareness and connection to the natural world. Get your kids outside this summer...we have so many great ways for your family to enjoy the great outdoors right here in Lake Forest!



Ceramic Creations

Have a blast learning how to turn clay into wonderful creatures and other fun projects. We will hand-build the pieces as we learn techniques such as coiling, scoring, slab construction and more. We will decorate the pieces with under glazes (special paint for wet clay.) Different projects will take place each day. All pieces will be glazed and fired and aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$75 – Resident
\$80 – Non-Resident
(5-week session)

Materials Fee: An additional material fee of \$20 due to instructor at first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4394 6-12 yrs Jun 25-Jul 23 Wed 3:30-4:45 pm

Glee Girls



Glee Girls sing in 2-part harmony with piano accompaniment. Teaching harmony at this young age will develop their ear and give them confidence in reading music. By using popular music as our repertoire, we make the Glee experience educational without participants even realizing how much they are learning.

Instructor: Glee Music Academy Staff

Fee: \$49-Resident
\$54-Non-Resident
(4-week sessions)

Location: Glee Music Academy (25 South Pointe Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4339 7- 14 yrs May 29-Jun 19 Thu 4:30-5:15 pm

Act#: 4340 7- 14 yrs Jul 10-31 Thu 4:30-5:15 pm

Youth Gymnastics

This is an introduction to gymnastics for 6-12 year olds! This course teaches basic skills for floor exercise, bars, balance beam, and vault along with a 30 foot long trampoline. Participants will learn cartwheels, round offs, back handsprings and much more. Most of all everyone will have fun!!!! This class also includes **FREE open play** for anyone signed up in our gymnastics program. Open play is every Thursday 1-2 pm.

Instructor: Us Too Center Staff

Fee: \$45 – Resident
\$50 – Non-resident
(4-week sessions)

Location: Us Too Center (25 Spectrum Pointe Dr #405)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4194 6-9 yrs Jul 1-22 Tue 5:45-6:30 pm

Act#: 4195 6-9 yrs Jul 1-22 Tue 6:30-7:15 pm

Act#: 4196 6-9 yrs Jul 29-Aug 19 Tue 5:45-6:30 pm

Act#: 4197 6-9 yrs Jul 29-Aug 19 Tue 6:30-7:15 pm

Act#: 4200 9-12 yrs Jul 3-24 Thu 6:30-7:15 pm

Act#: 4201 9-12 yrs Jul 31-Aug 21 Thu 6:30-7:15 pm

Zumba® Kids

Boys and Girls will keep active with the Zumba® Kids program. It is the ultimate dance-fitness party for young Zumba fans ages 7-12, where you can play it loud and rock with friends to your own rules! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching! Our certified instructor will teach you Hip Hop, Salsa, Reggaton, and other crazy-cool Dance-Fitness moves.

Instructor: Raelyn Brachmann

Fee: \$45 – Resident
\$50 – Non-Resident
(6-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4331 7-12 yrs Jun 3-Jul 8 Tue 4:00-5:00 pm

Act#: 4332 7-12 yrs Jul 15- Aug 19 Tue 4:00-5:00 pm

Culinary Kids



Culinary Kids is an appetizing adventure where children create healthy meals to share with family and friends. From the oven to your tummy, chefs will be inspired to cook, create, and experiment in the kitchen. Come mash, mix, and mingle in the kitchen and make lots of zesty new friends in the process.

Instructor: Bonnie Bachelor

Fee: \$108 – Resident
\$113 – Non-Resident
(6-week session)

Material Fee: An additional \$30 materials fee is due to instructor during the first class

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4309 7-12 yrs Jul 12-Aug 16 Sat 9:00-10:30 am

Introduction to Video Game Design

Learn how to create and design a unique and interactive video game with Freshi Game Design! Beginning Game Developers work in pairs to conceive, design and build their own original computer game. Everything created for their game is original to the team – the characters, the action, the background, the music and the format. Students use creative and critical thinking to complete their games and build teamwork skills working in partners.

Instructor: Freshi Media Staff

Fee: \$160-Resident
\$165-Non-Resident
(1-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4494 7-12 yrs Jul 21-25 Mon-Fri 1:00-4:00 pm

Animation Creators: Digital Animation

Young animators learn computer software techniques to create digitally animated characters and stories. In this class, participants will learn skills that help with computer drawing, character creation and movement, voiceover work and character interaction and speech. In small groups, students will focus on learning introductory computer animation techniques and will create original characters and short animated stories.

Instructor: Freshi Media Staff

Fee: \$160-Resident
\$165-Non-Resident
(1-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4496 8-13 yrs Jul 21-25 Mon-Fri 9:00 am-12:00 pm

Junior Guard Preparation



Learn and practice basic swimming techniques, which will help your young one prepare for the Junior Guard entrance test. Some test requirements are as follows:

- Tread water for 5 minutes
- Swim underwater for 10 yards
- Swim 100 yards in 2 1/2 minutes or less without fins or other assistance.

Instructor: SwimLabs staff

Fee: \$190 – Resident
\$195 – Non-Resident
(8-week session)

Location: SwimLabs (20918 Bake Pkwy., Suite 100)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4248	8-16 yrs	Jul 7-Aug 25	Mon	8:00-8:30 am
Act#: 4270	8-16 yrs	Jul 8-Aug 26	Tue	8:00-8:30 am
Act#: 4271	8-16 yrs	Jul 9-Aug 27	Wed	12:00-12:30 pm
Act#: 4272	8-16 yrs	Jul 10-Aug 28	Thu	8:00-8:30 am
Act#: 4273	8-16 yrs	Jul 12-Aug 30	Sat	8:00-8:30 am
Act#: 4274	8-16 yrs	Jul 13-Aug 31	Sun	8:00-8:30 am

Beginning Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.

Instructor: Ron Gorman

Fee: \$90 – Resident
\$95 – Non-Resident
(5-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4250 10 yrs-Adult Jul 31-Aug 28 Thu 4:30-5:30 pm

Basic First Aid

This American Safety and Health Institute (ASHI) course meets OSHA requirements and is EMSA-approved for daycare providers. This course covers how to treat bleeding, burns, shock and other emergencies. Participants will receive a First Aid card valid for two years. **Participants should bring a self-addressed stamped envelope.** Please note: This is not a Health Care Provider level course.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: Free/ Resident
\$5/Non-Resident

(Pre-registration is required for this course and space is limited)

Material Fee: An additional \$15 material fee is due to instructor the day of class

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4254 10-Adult Jul 19 Sat 3:00-5:00 pm

CPR: Adult, Child & Infant

The ability to perform CPR properly is a lifesaving skill that everyone could benefit from learning. This American Safety and Health Institute (ASHI) course meets the requirements of OSHA and is EMSA approved for daycare providers. This course covers CPR and the Heimlich maneuver for adults, children and infants. In addition, each participant will have his/her own 2 mannequins on which to practice. Participants will receive a certification card which is valid for 2 years. Participants should bring a self-addressed stamped envelope. Please Note: This is not a Healthcare Provider level course. (Pre-registration is required for this course and space is limited.)

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident
\$33 – Non-Resident
(one-time workshop)

Material Fee: An additional \$15 material fee is due to instructor the day of class

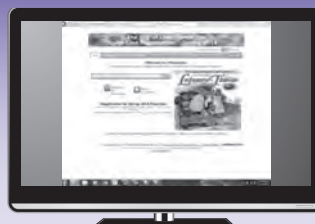
Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4253 10-Adult Jul 19 Sat 12:30-3:00 pm

Want more info on how to register for programs online?



Please call Community Services at 461-3450 to receive your personal account pin number and internet login ID.

online.activecommunities.com/lfreconline

Seriously Awesome Sitters

Here's the ultimate babysitter preparation class! Not only will you become certified in Basic First Aid and Adult, Child and Infant CPR, but you'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be recognized as an awesome sitter who will be asked back again and again! **An additional \$40 material fee is payable to the instructor in class for training manuals, certification cards, mannequins, supplies, etc.** Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or Teddy Bear to class.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident
\$33-Non-Resident
(one-time workshop)

Material Fee: An additional \$40 material fee is due to instructor the day of class

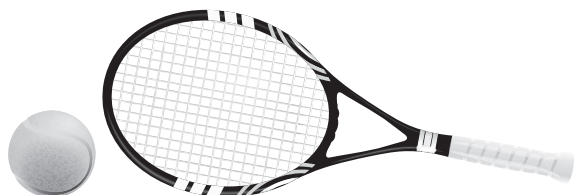
Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4255 10-Adult Jul 19 Sat 10:00 am-5:00 pm

Adult



Tennis For Everyone ~ Adult

You will do it all, from drills to match play, in a fast-paced, fun-filled environment. The beginning class will work on the basics, such as: technique, footwork and rules of the game. The intermediate class will focus on: stroke production, tennis drills and match play. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident
\$100 per participant-Non-Resident
(8-week session)

Location: El Toro Park Tennis Courts
(23701 Los Alisos Blvd)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4497 16 yrs and up Jul 12-Aug 30 Beg Sat 9:00-10:00 am

Act#: 4498 16 yrs and up Jul 12-Aug 30 Int Sat 10:00-11:00 am

Get Golf Ready



Come learn how to take your golf game to the next level from the instructors at the Lake Forest Golf and Practice Center. Whether you're a beginner or just looking to shave a few strokes off of your game, this course will help get you there! Enrollment includes: fundamentals on the full swing, chipping, pitching, sand play, putting and on course instruction. Take advantage of this incredible offer!

Instructor: Lake Forest Golf and Practice Center staff

Fee: \$129 – Resident
\$134 – Non-Resident
(4-week session)

Location: Lake Forest Golf and Practice Center
(23308 Cherry Ave)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4283	18 yrs and up	Jun 5-26	Thu	5:00-6:00 pm
Act#: 4284	18 yrs and up	Jun 8-29	Sun	10:00-11:00 am
Act#: 4285	18 yrs and up	Jun 13-Jul 11*	Fri	6:00-7:00 pm
Act#: 4286	18 yrs and up	Jun 14-Jul 5	Sat	12:00-1:00 pm
Act#: 4287	18 yrs and up	Jun 19-Jul 10	Thu	6:00-7:00 pm
Act#: 4288	18 yrs and up	Jun 22-Jul 13	Sun	2:00-3:00 pm
Act#: 4289	18 yrs and up	Jul 3-24	Thu	5:00-6:00 pm
Act#: 4290	18 yrs and up	Jul 6-27	Sun	11:00 am-12:00 pm
Act#: 4291	18 yrs and up	Jul 9-30	Wed	6:00-7:00 pm
Act#: 4292	18 yrs and up	Jul 12-Aug 2	Sat	1:00-2:00 pm
Act#: 4293	18 yrs and up	Jul 17-Aug 7	Thu	6:00-7:00 pm
Act#: 4294	18 yrs and up	Jul 27-Aug 17	Sun	1:00-2:00 pm
Act#: 4295	18 yrs and up	Aug 5-26	Tue	6:00-7:00 pm
Act#: 4296	18 yrs and up	Aug 10-31	Sun	12:00-1:00 pm
Act#: 4297	18 yrs and up	Aug 13-Sep 3	Wed	7:00-8:00 pm
Act#: 4298	18 yrs and up	Aug 16-Sep 6	Sat	12:00-1:00 pm
Act#: 4299	18 yrs and up	Aug 21-Sep 11	Thu	7:00-8:00 pm
Act#: 4300	18 yrs and up	Aug 24-Sep 14	Sun	11:00 am-12:00 pm

***No class 7/4**

Candlelight Yoga Flow

In this course, participants will be taken through a Vinyasa/Hatha flow within a room full of candles. Students will experience the relaxing and meditative side as well as the strengthening and sometimes challenging side of yoga by candlelight. Bring a mat and stay warm and relaxed during these spring courses. All skill levels welcome!

Instructor: Devann Sheuerman

Fee: \$72 – Resident
\$77 – Non-Resident
(6-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4427	18 & up	Jun 2-Jul 7	Mon	7:30-8:30 pm
Act#: 4428	18 & up	Jun 4-Jul 9	Wed	7:00-8:00 pm
Act#: 4489	18 & up	Jul 14-Aug 18	Mon	7:30-8:30 pm
Act#: 4490	18 & up	Jul 16-Aug 20	Wed	7:00-8:00 pm